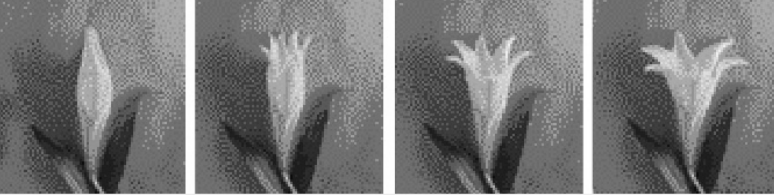


Transportation Solutions for Caregivers

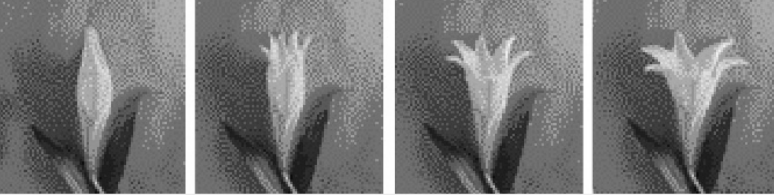
Transportation Solutions for Caregivers: *A Starting Point*

Funded by the U.S. Department of Health and Human Services,
Administration on Aging, National Family Caregiver Support Program



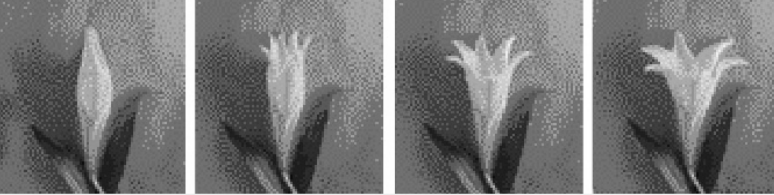
Key Objectives & Products

- Toolkit for Caregivers
 - Video (Open/Closed, Spanish, Cantonese)
 - Facilitators Manual
 - Pamphlet
 - Tip Sheets
- Solutions Package for Volunteer Organizations



Key Objectives & Products

- Solutions Package for Adult Day Centers
- Senior Transportation Options
 - CD
 - Template
 - Booklet
- Solutions Package for Paid or Volunteer “Transportation Buddies” or “Escorts”
 - (to be released: Summer 2006)

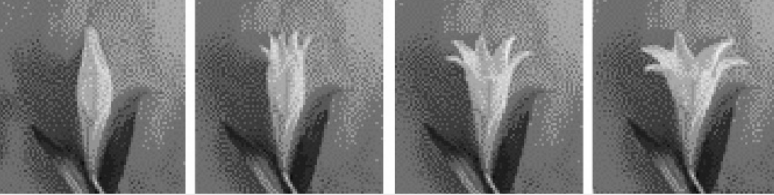


Introduction to Toolkit for Caregivers

Providing transportation to an older person with physical assistance needs or dementia can be as challenging as it is rewarding.

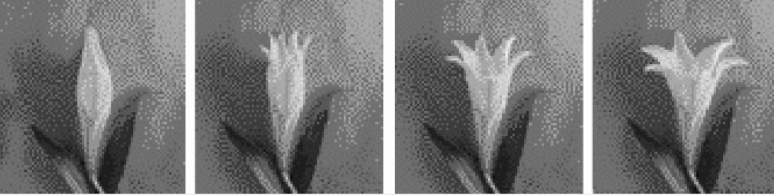
We will discuss issues including:

- Communication
- Sensitivity
- Preventing agitation
- Dealing with agitation
- Providing physical assistance
- Helpful products and creative solutions



Session Objectives

- Discuss challenges often faced by caregivers while transporting older adults for whom they care
- Understand that there is no one right way to approach a transportation challenge— different approaches work for different people
- Attain skills in addressing what can be a very emotionally challenging caregiving experience
- Discover that it does not need to be a struggle each time
- Recognize where to go for new ideas and problem solving
- Share practical tips and creative solutions

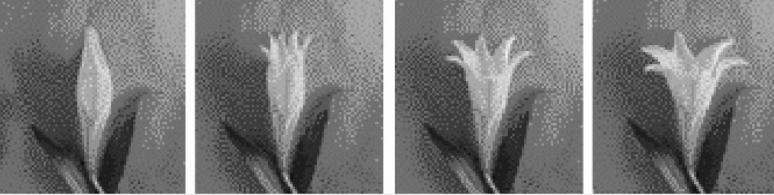


Communication

Communication is the interaction between you and the person for whom you are caring

Set the stage for positive communication

- Be as patient as possible
- Allow time for a response
- Listen
- Keep directions simple
- Remain calm

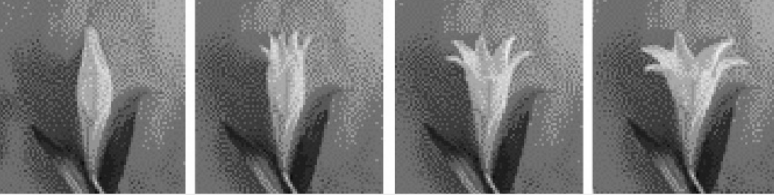


Sensitivity

Older adults may develop conditions which require sensitivity

- Reduced physical strength and stamina
- Decreased balance
- Impaired capacity to understand or make informed decisions
- Vision impairment
- Chronic pain and arthritis
- Vertigo or decreased balance

An older person's pride may be at stake--be patient and empathetic

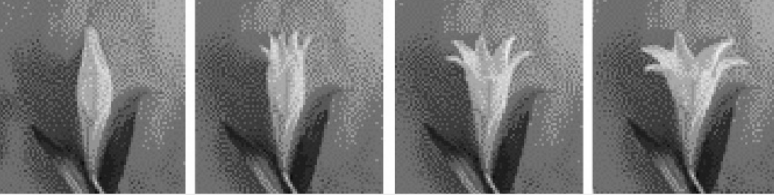


Preventing Agitation

A person with dementia or another cognitive impairment may exhibit resistive or distracting agitated behaviors.

Some agitation can be avoided

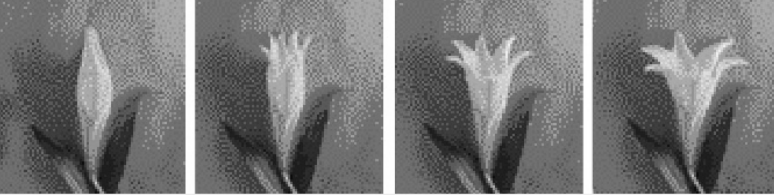
- Have patience—try not to rush
- Call ahead
- Be prepared with activities
- Avoid arguing
- Stay calm
- Suggest that he use the bathroom prior to your trip
- Give clear step-by-step directions



Dealing with Agitation

Sometimes agitation cannot be avoided. However, there are ways to handle it if you are prepared.

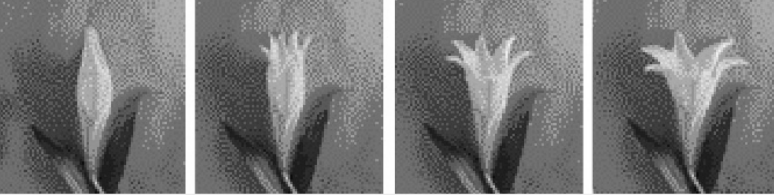
- Use “Validation” and avoid arguing
- Try and determine cause of agitation (during or prior to trip?)
- Seat in rear passenger side seat
- Use child safety locks when possible
- Offer an activity
- Play music
- Be aware of your own body language



Providing Physical Assistance: Proper Body Mechanics

Use proper body mechanics

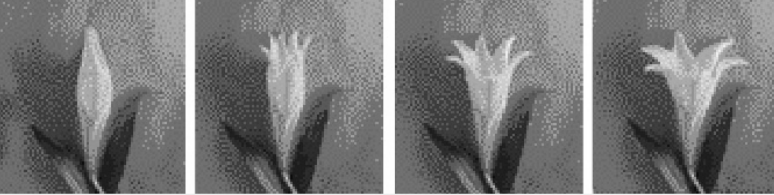
- Stand with your feet shoulder's width apart
- Lift with your legs
- Know your limitations
- To turn while lifting, pivot with your feet (not your torso)



Providing Physical Assistance: Wheelchair Transfers

Wheelchair transfers—using a gait belt

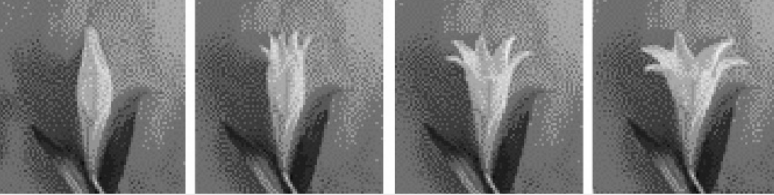
- Stand with your back to the inside of the car and pull the wheelchair toward you
- Ask the person you are assisting to lean forward toward you
- Assist to a standing position, if possible
- Pivot his/her back-side toward the car seat
- Help into a seated position (bend at your knees so that your back does not bear all of the weight)
- If necessary, guide his/her head to avoid bumping the door frame
- Position legs by gently swinging them into the car



Providing Physical Assistance: Positioning

Positioning

- Seat someone who has had a stroke with their affected side closest the door
- Utilize the seatbelt shoulder strap for balance
- Keep a pillow in the car for positioning if need be



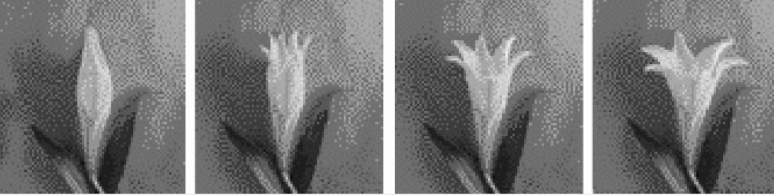
Helpful Products and Creative Solutions

Positioning

- Gait belt
- Swivel cushion
- Towel/plastic bag

Equipment

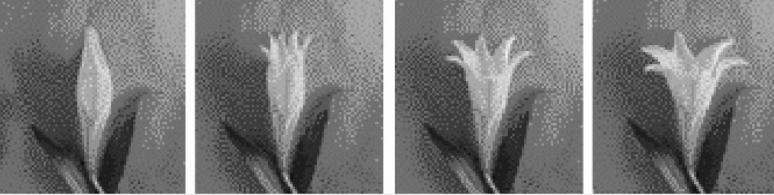
- Wheelchair racks and lifts
- Lightweight wheelchairs



Helpful Products and Creative Solutions

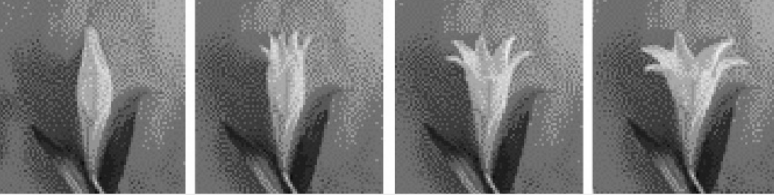
Confused and agitated behaviors

- Photo albums
- Seat belt buckle cover
- Sunglasses
- Favorite music



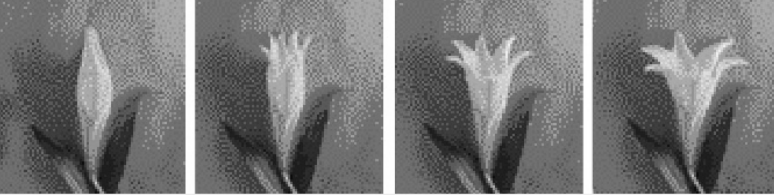
Solutions Package for Volunteer Organizations

- Samples
 - Forms
 - Policies
 - Brochures
- Volunteer Drivers
 - Recruiting
 - Training
 - Job Description
- Risk Management
- Partnering With Your Community
- Keys to Success



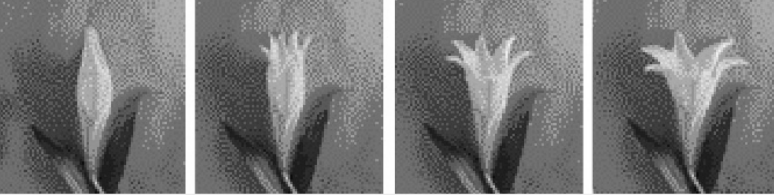
Solutions Package for Adult Day Centers

- Drivers
 - Roles
 - Records
 - Training
- Vehicles & Equipment
- Fee Structures and Funding
- Promising Practices, Keys to Success
- Examples of Collaboration & Coordination
- Policies/Procedures
- Risk Management
- www.nadsa.org
- National Adult Day Services Association



Senior Transportation Options

- Local Transportation Options
- Caregiver Considerations
- Information & Referral Numbers
- Sample Booklet
- Model Media Release



Additional Resources

- www.easterseals.com/transportation
- www.projectaction.org
- www.beverlyfoundation.org
- www.ctaa.org
- www.seniordrivers.org